

NEWS

Continuous Education Course on Extra-Articular Rheumatism and Related Conditions – Novelties in Diagnosis and Treatment Zagreb, March 5, 2009

In their daily routine, physicians specialized in psychiatry, rheumatology, orthopedics, neurology and family medicine encounter various locomotor system diseases that may share very similar symptomatology. The causes of these impairments should not only be looked for within but also beyond intra-articular structures. Although frequently seen in daily clinical practice, the issues of extra-articular rheumatism have not been paid due attention. These problems use to be lightly considered as self-limiting conditions, although they frequently progress to chronic conditions and cause major difficulties to these patients restricting their daily activities.

Having realized the need for additional training of various medical specialists, Department of Physical

Medicine and General Rehabilitation, Zagreb University School of Medicine, in collaboration with University Department of Rheumatology, Physical Medicine and Rehabilitation, Sestre milosrdnice University Hospital and University Department of Rheumatic Diseases and Rehabilitation, Zagreb University Hospital Center, organized the Continuous Education Course on Extra-Articular Rheumatism and Related Conditions – Novelties in Diagnosis and Treatment for the third time. The Course took place on March 5, 2009, at Sestre milosrdnice University Hospital Multimedia Hall in Zagreb, chaired by Prof. Simeon Grazio, MD, PhD, and Head Doctor Porin Perić, MD, MS. Welcome address to Course attendants and introduction to the Course topic were given by Prof. Simeon Grazio, head of the University Department of Rheumatology, Physical Medicine and Rehabilitation, Sestre milosrdnice University Hospital, and Prof. Đurđa Babić-Naglić, MD, PhD, head of Department of Physical Medicine and General Rehabilitation, Zagreb University School of Medicine. The intro-



*Fig. 1.
Professor Simeon Grazio lecturing at the
Continuous Education Course on Extra-
Articular Rheumatism and Related Conditions –
Novelties in Diagnosis and Treatment.*

ductory lecture by Prof. Babić-Naglić offered a nice and thorough presentation of the epidemiology, causes and pathophysiology of extra-articular rheumatism. It was followed by the lectures delivered by Head Doctor Porin Perić and Tomislav Nemčić, MD, on most relevant diagnostic procedures and their possibilities in the early detection of lesions to particular structures, i.e. diagnostic ultrasonography and electromyoneurography. These three lectures provided a solid ground to discuss the major and most common entities of extra-articular rheumatism according to body regions. Head Doctor Porin Perić talked about extra-articular structure lesions in the area of shoulder joint, and Prof. Simeon Grazio on those in the elbow, forearm and hand area. The afternoon session was dedicated to extra-articular entities of lower extremities. The lecture presented by Nadica Laktašić-Žerjavić, MD, dealt with the problems of extra-articular rheumatism involving pelvic region. Tomislav Nemčić, MD, offered thorough description of clinical entities consequential to extra-articular lesions of the upper leg, knee and lower leg, whereas those involving the ankle and foot were presented by Frane Grubišić, MD. The last lecture on the role of medical gymnastics in the management of extra-articular structure lesions was delivered by Mateja Znika, *baccalaureus physiothera-*

piae, senior physiotherapist at University Department of Rheumatology, Physical Medicine and Rehabilitation, Sestre milosrdnice University Hospital. Then an overview of novelties in medicamentous and minimally invasive treatment of extra-articular rheumatism was presented by Prof. Simeon Grazio, along with two interesting case reports (presenters were Prof. Simeon Grazio and Head Doctor Porin Perić), followed by constructive discussion moderated by Course chairmen. It should be noted that all lecturers emphasized the importance of differential diagnostic consideration and above all of correct therapeutic approach relying on evidence based medicine.

The official part of the Course ended with a written test of knowledge. The Course was very well accepted and evaluated by the attendants, thus stimulating the chairmen and lecturers to continue and additionally upgrade this form of training. The Course was attended by some sixty physicians, not only from physical and rehabilitation medicine and rheumatology but also from family medicine and orthopedics, thus gradually coming to realize one of the long-term objectives, i.e. interdisciplinary approach in the diagnosis and treatment of these conditions.

Frane Grubišić

Melanoma – What Do We Know Today Scientific Symposium and Dermoscopy in the Diagnosis of Melanoma Course

The Melanoma – What Do We Know Today Scientific Symposium and Dermoscopy in the Diagnosis of Melanoma Course were held on December 5, 2008 at Sestre milosrdnice University Hospital in Zagreb. The Symposium and the Course were organized by the Section of Dermatologic Oncology, Croatian Society of Oncology and Reference Center for Melanoma of the Croatian Ministry of Health and Social Welfare. Prof. Mirna Šitum, dermatologist, President of the Symposium, organized this rich and interesting event together with members of the Scientific Board: academician Zvonko Kusić, Prof. Mirko Šamija, Prof. Eduard Vrdoljak, oncologists, Prof. Ivan Dobrić, dermatovenereologist and pathologist, and Prof. Ivan Krolo, radiologist, all notable experts in the growing field of melanoma.

The Symposium was opened by Prof. Mirna Šitum, President of the Organizing Board and head of the Sec-

tion of Dermatological Oncology, Croatian Society of Oncology, accompanied by welcome speech by Prof. Mirko Šamija, Honorary President of the Croatian Society of Oncology, Prof. Ivan Dobrić, member of the Scientific Board, and Prof. Krešimir Rotim, head of Sestre milosrdnice University Hospital. Some of the honorable guests of the Symposium were Prof. Renata Iveković, ophthalmologist, Prof. Goran Grubišić, head of University Department of Obstetrics and Gynecology, Sestre milosrdnice University Hospital, and Prof. Božo Krušlin, head of Ljudevit Jurak University Department of Pathology, Sestre milosrdnice University Hospital.

The Symposium attracted more than 200 medical doctors of different specializations who encounter melanoma patients in their everyday work: dermatovenereologists, general practitioners, oncologists, surgeons, gynecologists, ophthalmologists, pediatricians, pathologists and radiologists from all over the country and abroad.

The aim of this Symposium was to encompass modern theories about the diagnosis and etiology of melano-

ma, and to give an overview of the existing treatment options. Two sections entitled Doubts about precursors and unusual melanomas and Clinical aspect of the diagnosis, therapy and follow up of patients with melanoma covered a broad spectrum of topics in the field. During these sections, 16 different lectures were presented covering a broad spectrum from precursors of melanoma, melanomas in specific regions such as the eye and anogenital area, melanoma in children, metastatic melanoma, and diagnostic and therapeutic options in melanoma. Lectures were given by distinguished experts in the field of melanoma, and the Symposium was closed by acceptance of the new follow up guidelines for melanoma patients, suggested by the Reference Center for Melanoma of the Croatian Ministry of Health and Social Welfare. The second part of this event was the course entitled Dermoscopy in the Diagnosis of Melanoma, most interesting to dermatovenereologists who can use this additional diagnostic method in their everyday work.

Melanoma is the most intriguing topic in dermatologic oncology and the most demanding of all skin tumors to diagnose. Melanoma is a malignant tumor of melanocytes and is one of the most malignant tumors of the skin and mucosa. Lymphogenic and hematogenic metastasizing is characteristic of melanoma, while local destruction is not so common. The mean age at onset of melanoma is 50, but nowadays it is more often in younger population, at age 25-44. The incidence of melanoma is

increasing both in the world and in Croatia; 600 new cases are diagnosed *per* year in Croatia. In countries where public health campaigns for the prevention of melanoma are being conducted for a long time, more melanomas are diagnosed in the early stage and the mortality of melanoma is decreasing. In Croatia, the rate of 5-year survival of melanoma patients is 72%, whereas data from the Australian Registry for Cancer and American Institute of Cancer show 90% 5-year survival. Early diagnosis of melanoma is essential for better prognosis. The chance for 5-year survival depends on the depth of penetration to skin layers and thickness, e.g., <1 mm – 95%-100%; 1-2 mm – 80%-90%; 2.01- 4 mm – 60%-75%; and >4 mm – 50%.

In addition to clinical examination, dermoscopy plays an important role in the diagnosis of melanoma. Dermoscopy is a noninvasive diagnostic technique of skin surface microscopy with optical enlargement to view details that cannot be seen by naked eye but are key factor in differentiating melanocytic from nonmelanocytic pigmented lesions of the skin. In this way, dermoscopy can contribute to the early diagnosis of melanoma.

This Symposium covered many important aspects of melanoma and gave a valuable contribution to the current knowledge about the prevention, diagnosis and treatment of this malignant disease as well as new guidelines for the management of melanoma patients.

Maja Vurnek-Živković

Report on 2nd Croatian Congress of Psychodermatology with International Participation September 25-28, 2008, Zagreb, Croatia

The 2nd Croatian Congress of Psychodermatology with International Participation was held in Zagreb, the capital of Croatia, organized by University Department of Dermatology and Venereology, Sestre milosrdnice University Hospital, under the auspices of the Croatian Ministry of Health and Social Welfare, Croatian Society of Dermatology and Venereology of the Croatian Medical Association, and European Society of Dermatology and Psychiatry.

President of the Congress was Professor Mirna Šitum, who did a great job organizing this rich and interesting meeting, together with Vice-President Maja Vurnek-

Živković, Secretaries Iva Blajić and Marija Buljan, and members of the Organizing Board.

This Congress was dedicated to and promoted the interdisciplinary approach of psychodermatology. Psychodermatology is an interdisciplinary approach, focusing on the boundary between dermatology, psychology and psychiatry. There are three main categories of psychodermatologic disorders. Psychophysiologic disorders are skin conditions that can be triggered or exacerbated by emotional states such as stress. Primary psychiatric disorders include psychiatric conditions that result in self-induced cutaneous manifestations such as trichotillomania and delusion of parasitosis. Secondary psychological or psychiatric problems are associated with disfiguring skin disorders. The disfigurement results in psychological problems such as decreased self-esteem, depression, or social phobia.

The Congress emphasized the importance of collaborative team approach of experts in different fields in recognizing and helping patients with skin diseases. The program of the Congress was divided into 8 main sessions: Psychodermatology, Psychoneuroimmunology in dermatology, Research in dermatology, Imperative of beauty, Psychotropic drugs and psychotherapy in dermatology, Psychological aspects of dermatological disorders, Psychological aspects of STDs, and Cutaneous associations of psychiatric disorders and self-inflicted dermatoses.

The Congress gathered many experts in the field of psychodermatology from Croatia and abroad. We were happy to welcome dermatologists, psychologists, psychiatrists, pediatricians, general practitioners, immunologists and school medicine experts. There were around 150 participants from nine European countries, including many leading scientists in the field. Dr. Dennis Linder from Italy, Secretary General of the European Society of Dermatology and Psychiatry, discussed the importance of research in psychodermatology and its influence on clinical work. Prof. John Weinman, psychologist from St. Thomas and Guy's Hospital in London, gave an outstanding lecture about the influence of psychological stress on the process of wound healing. Prof. Linda Papadopoulos, health psychologist from London Metropolitan University, talked about the maladaptive schemas in dermatology patients and discussed the possible therapy options. Our guest from Poland, Prof. Jacek Szepietowski gave two interesting lectures: one about the role of neuropeptides in psoriatic pruritus and the other about the importance of the quality of life in dermatologic patients. Mention should also be made of some of the Croatian presenters with outstanding lectures: Prof. Danijel Buljan, psychiatrist, gave a very interesting and systematic overview of the use of psychotropic drugs in dermatology, and there was an extremely successful session on cutaneous associations of psychiatric disorders, moderated by our colleagues Prof. Ale-

ksandra Basta-Juzbašić and Prof. Mihael Skerlev from University Department of Dermatology and Venereology, Zagreb University Hospital Center. There were many colleagues from Rijeka University Hospital Center and Osijek University Hospital, and we appreciate their great contribution to our Congress. Especially interesting and lively was the Balint Group Workshop moderated by Dr. Vedran Bilić. In Poster Section eight interesting posters were presented.

The Congress was enriched by another important event; following opening ceremony, presentation of the university textbook entitled *Psychodermatology* by Danijel Buljan, Mirna Šitum, Marija Buljan and Maja Vurnek-Živković took place. The textbook was presented by its reviewers, Prof. Franjo Gruber and Asst. Prof. Krunoslav Matešić. This textbook is just as important for the development of the field of psychodermatology as is the Congress, and it is our hope it will encourage many other colleagues to enter this interesting and important new field.

The social program of the Congress is something that we should not forget to mention, for its richness and exquisite quality. Opening ceremony at Hotel Antunović was enriched with Klapa Kogul performance. On Saturday, our guests from abroad had an opportunity to get to know Zagreb in an organized sightseeing tour. In the evening, gala dinner was held at the beautiful Glyptothèque, a unique museum of statuary art in Croatia. Croatian food, lively music and great company made this evening fun and fulfilled for all, with the atmosphere reaching highest level thanks to Prof. Weinman who delighted everyone playing the harmonica with the band. All these social events, together with the scientific program, made this Congress an unforgettable and joyful event for all the participants.

In the end, we would like to thank our generous main sponsor Belupo, as well as all the other sponsors without whom none of this would be possible.

Maja Vurnek-Živković

THE PEARL OF WISDOM® CAMPAIGN TO STOP CERVICAL CANCER

Almost every case of cervical cancer could be prevented by effective cervical screening programs together with vaccination against the Human Papilloma Virus (HPV). However, many women around the world either do not know about these life-saving tools or do not have access to them. As a result, 700,000 women develop and 300,000 women die from cervical cancer every year in the world. In Europe there are 50,000 newly detected cervical cancer patients of which nearly 25,000 will die. Data for Croatia represent 400 newly invasive cancer women detected *per* year of which nearly 170 will die.

The **Pearl of Wisdom Campaign to Prevent Cervical Cancer** is a united, global effort to raise the awareness of cervical cancer and how it can be prevented. The main goal of the Campaign is to reach out to women, healthcare providers, policymakers, health advocates and the media.

We recognize that by working together we can more effectively:

Raise awareness of the tools available for preventing cervical cancer including cervical cancer screening and HPV vaccination

Encourage women to take full advantage of these tools

Advocate for the implementation of these tools for girls and women everywhere.

The campaign also promotes the Pearl of Wisdom as the global symbol for cervical cancer prevention.

Cervical Cancer

Cervical cancer is caused by high-risk types of the Human Papilloma Virus (HPV). HPV can cause normal cells on the uterine cervix to become abnormal and slowly develop into a cancer.

Human Papilloma Virus (HPV)

HPV is very common; in fact, about 3 of every 4 adults will have had HPV at some time in their lives. Most HPV infections go away on their own without any treatment.

However, some infections do not go away and it is these long-lasting infections that can cause cervical cancer.

Cervical Screening

Cervical cancer can be prevented by regular screening. Cervical screening is used to find the abnormal cervical cells that could turn into a cancer. When found at an early stage, these abnormal cells can be removed and the cancer prevented. Abnormal cervical cells do not cause any symptoms, so it is important to get screened even if you feel well. There are 2 tests used for cervical screening:

The Pap test looks for abnormal cells that can develop into cervical cancer. If abnormal cells are found, your doctor or nurse will recommend further tests such as another Pap test, HPV test or colposcopy. The HPV test looks for the high-risk types of HPV that can cause abnormal cervical cells and cervical cancer. HPV testing can be used alone or in combination with the Pap test for women 30 and older. It is not recommended for screening women under the age of 30 as HPV infections are very common in younger women but most of these infections disappear on their own. However, HPV testing can be used to follow-up an abnormal Pap test in women under the age of 30.

On the other hand, colposcopy, when indicated, enables to detect and localize intraepithelial change of the uterine cervix coat. Colposcopist can decide when to perform target biopsy and why. Follow up after biopsy is mandatory. The Croatian Society of Colposcopy and Cervical Pathology has its own diagnostic and therapeutic protocol for intraepithelial lesions of the uterine cervix.

HPV Vaccines

There are two HPV vaccines that are available today. Both prevent infection with the two most common high-risk types of HPV, types 16 and 18, which cause the majority of cervical cancers. Both vaccines have been shown to be highly effective in teenage girls and young women.

However, the vaccines do not protect against all high-risk HPV types, so while they reduce the risk of cervical cancer, they do not eliminate it. Therefore, even women who have been vaccinated should continue to be screened to protect against cervical cancers that may be caused by other high-risk types of HPV.

■ Croatia

- Croatian National Advisory Board for Cervical Cancer Prevention
- Ruder Boskovic Institute
- Croatian League Against Cancer
- Cybermed
- Croatian National Institute of Public Health

The above mentioned institutions made tremendous efforts in the 2008 Cervical Cancer Campaign also supported by ECCA (European Cervical Cancer Association) including, among others, Croatian Society of Colposcopy and Cervical Pathology of the Croatian Medical Association, so that **The 3rd Cervical Cancer Summit Meeting held on January 20-21, 2009** after Welcome and Keynote Speech by Dr Jolanta Dickute, MEP (Member of the European Parliament from Lithuania, and Co-Chair of the PCCP (Politicians for Cervical Cancer Prevention) emphasized the implementation of organized cervical cancer screening programs in the EU to the end of 2008.

(Lecture held by Prof Helene Sancho Garnier, EPIDARE-C.R.L.C. France) and National recommendations, practices and programs across Europe due to HPV Vaccination Across Europe (lecture held by Dr Stefania Salmaso, Centro Nazionale d'Epidemiologia Sorveglianza e Promozione della Salute; for the VENICE Project)

After the whole day of fruitful presentations, the Cervical Cancer Prevention Awards (Chairs: Mrs Glenis Willmott, Dr Jolanta Dickute, Mrs Françoise Grossetete) followed from 15.30 to 17.00.

Regarding Croatia's results, I must point out the Letter of Invitation from December 3, 2008, reading as follows:

3 December 2008 Mrs Jadranka Kosor
Vice Prime Minister of the Croatian Parliament Trg Svetog Marka 6 10000 Zagreb Croatia

Dear Vice Prime Minister

The 3rd Cervical Cancer Summit Meeting & The Pearl of Wisdom Cervical Cancer Prevention Awards

Further to our letter of 14 November 2008 regarding the upcoming Cervical Cancer Summit Meeting that will

be held on 21 January 2009 in the European Parliament (agenda attached), we wanted to inform you that we will be awarding a Pearl of Wisdom Cervical Cancer Prevention Award to Croatia for the fantastic work the people of your country did during the Cervical Cancer Prevention Week that was held in January 2008. Croatia organised one of the most comprehensive and effective campaigns in Europe to raise awareness of cervical cancer prevention so this award is highly deserved.

We would be extremely grateful if you would be able to come to Brussels both for the meeting and to receive the award together with Dr Ante Ćorušić of the Croatian National Advisory Board for Cervical Cancer Prevention, Prof Goran Grubišić of the Croatian Society for Colposcopy and Cervical Pathology and Dr Magdalena Grce of the Ruder Bošković Institute who were all instrumental to the success of the last Cervical Cancer Prevention Week in Croatia.

We look forward to your reply and hopefully to seeing you in Brussels for the Cervical Cancer Summit Meeting and the presentation of the Pearl of Wisdom Cervical Cancer Prevention Awards. Please reply to the secretariat at secretariat@PCCPNetwork.eu

Yours sincerely, Mrs Glenis Willmott, MEP Dr Jolanta Dickute, MEP Co-Chair of the PCCP Co-Chair of the PCCP

After the session had finished, I expressed in some professional surrounding my gratitude to Dr Philip Davies, actually President of ECCA as follows:

"I would like to thank you for this award on my behalf and on behalf of my colleagues as well. We are grateful that our intensive work has been recognised outside Croatia. However, we do not see this award as the grand finale, but as an encouragement to continue with our work, as we are, unfortunately, very aware that the fight is not yet finished".

Goran Grubišić

Additional information and possibilities to participate in cervical cancer prevention can be found on the following websites:

www.CervicalCancerPetition.eu

<http://www.ecca.info>

HISTORICAL REVIEW

This year, our Hospital will also celebrate some important anniversaries. Seventy years have elapsed since the foundation of our Department of Neurology and Psychiatry. Considering the year of the Hospital foundation (1846) as well as its role and reputation, especially upon Hospital relocation to the current site in Vinogradska Street in 1894, the establishment of independent department of neurology and psychiatry occurred relatively late. In the then healthcare structure, psychiatric patients were treated at Vrapče Psychiatric Hospital until 1979; however, our Hospital had two separate rooms for these patients, whereas neurologic patients were managed at Department of Internal Medicine. The first head of this department was Professor Josip Glaser, MD, a psychiatrist and disciple of the famous and eminent Professor Eugen Bleuler from Zürich. Professor Glaser was followed by the then most respectful Croatian neurologist, Professor Josip Breitenfeld, in 1945.

Upon Professor Breitenfeld's retirement in 1954, the Department was headed by Professor Vladimir Hudolin until 1987. He immediately introduced the so-called 'open-door' system in the management of psychiatric patients, without locking and bars, with trained nurses instead of orderlies. Professor Hudolin created and with

his disciples developed Zagreb school of social psychiatry and alcoholology. Then, therapeutic communities were gradually introduced, the Center for Alcoholism Study and Control was opened in 1964, and Department of Drug Addiction was established in 1971. In that year, the Department grew into University Department of Neurology, Psychiatry, Alcoholism and Other Dependencies, School of Dental Medicine, University of Zagreb. Upon Professor Hudolin's retirement in 1987, the University Department was headed by Professor Branko Lang, Hudolin's disciple, until his premature death in 1994. Then, fifteen years ago, the Managing Board decided on Department restructuring into two independent University Departments of Neurology and of Psychiatry.

Tanja Sušec

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Današnja Klinika za neurologiju, psihijatriju, alkoholizam i druge ovisnosti, u vrijeme dok je služila kao bolnica za redovnice, tridesetih godina.



ON NOTABLE BOOKS IN OUR HISTORY



It seems appropriate to start this small review of Ante Šercer's book *Povijest traheotomije i trahealne kanile* (The history of tracheotomy and tracheal cannula) with a citation from the book's foreword, as it best describes the author himself and his motifs to write the book: "*However, a certain level of development is required for the physician to realize the true value of*

knowing the history of his profession. He need to knowingly go through the evolution of some doctrines and to observe the rise of a truth or fall of a misconception, and to feel the need to revise his knowledge in the light of historical evolution"¹. In the years of preparing the book, published in 1950, Professor Ante Šercer held the position of head of ENT Department in our Hospital, was aged fifty something, having his rich and successful career upgrading from 1920 when he had been appointed assistant at Zagreb University Department of ENT.

As stated by Professor Ivo Padovan in his book², during a 30-year period Professor Šercer became "*member of the European and world medical élite*". He was a scientist,

teacher, and excellent head and neck surgeon. He had acquired his scientific and professional training at many distinguished European ENT centers. This made him as an experienced physician familiar with his profession history and fully competent and capable to write this valuable and interesting book. It is quite difficult and almost impossible to present its true value in a few sentences. The book has all the characteristics required for a scientific and historical work, i.e. comprehensive documentation in the form of old physicians' citations, photos taken from original documents, and complete and precise historical presentation of the original idea, its performance, all possible errors and ingenious observations by our old anatomists, physicians and surgeons, enriched by impressive descriptions of the first procedures. From Hippocrates (400 B.C.) to the first half of the 20th century, i.e. from the idea through implementation of a great undertaking, all this is found on 260 pages written by Professor Šercer in his clear and refined style, and still today read as an interesting and historically invaluable book.

Tanja Sušec

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